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Easy Chicken Alfredo

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Description

This recipe came from an estate sale. I obtained it when I purchased the family collection from the Hartman Estate in Arlington, Texas in 1984.

- Contributed by Catsrecipes Y-Group

Ingredients

- 8 ounces dry fettuccini
- 1 cup milk
- 2 tablespoons all-purpose flour
- 1 cup cottage cheese
- ½ teaspoon garlic powder
- 3 teaspoons minced onion

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- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ cup grated Parmesan cheese
- 2 cups diced cooked chicken breast

Directions

1. Bring large pot of salted water to a boil then cook pasta for 10 minutes and set aside.
2. In a food processor place the milk, flour, cottage cheese, garlic powder, onion, salt, pepper and Parmesan cheese and blend until smooth.
3. Transfer the blended mixture to a saucepan over medium heat.
4. Mix in the chicken and cook until heated through.
5. Serve hot over pasta.

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